

## **Board of Health Meeting – July, 2019**

Community Health Division, Lowell Health Department

Community Health Coordinator (CHC)

*Kate Elkins*

### ***Sun Safety Initiative***

- Blue Cross Blue Shield of Massachusetts awarded Impact Melanoma, a national nonprofit, with grant funds to launch a sun safety initiative in the City of Lowell.
- In June, the CHC finalized plans with Parks and Recreation to launch the Sunscreen Dispenser Kiosks which will be located at:
  - South Common Pool
  - Shedd Park Splash Pad
  - McPherson Pool
  - O'Donnell Park Splash Pad
  - Mulligan Park Splash Pad
- In addition, kiosks will be provided to City of Lowell Employees at these offices:
  - Parks
  - Fire
  - Police
  - Public Works

### ***Healthy Living in Lowell***

- The CHC is working with Lowell Telemedia Center (LTC) to coordinate a monthly health-focused show called “Healthy Living in Lowell”.
- The first episode was filmed in June and released in July, which featured the Health Department’s new Syringe Collection Program and Syringe Service Programs throughout the City of Lowell. Episodes can be viewed on local cable access channels or streamed through the LTC’s YouTube channels.
- The August episode will focus on Youth Mental Health and panelists include professionals from South Bay Community Services, Greater Lowell Pediatrics, the NAN Project, and Greater Lowell Technical High School.

### ***Move Your Way Campaign***

- Community outreach is being performed to raise awareness of the 2<sup>nd</sup> edition of the United States Physical Activity guidelines through the “Move Your Way” campaign. This nationally recognized campaign encourages both children and adults to obtain the recommended number of minutes for physical activity by doing the fitness activity that is easiest and accessible to them, such as walking, dancing or swimming.
- Staff has completed outreach at two events in June including Bookfest (~50 children and families) and Kerouac Park Grand Re-Opening (~100 children and families).

### ***Access to Equitable Physical Activity***

- The City of Lowell was awarded a grant from the Blue Cross Blue Shield of Massachusetts Foundation to establish more equitable opportunities for physical activity in Lowell over a three-year period. The CHC is working on coordinating efforts taking place between the Department of Planning and Development (DPD), Public Works, Mass

in Motion, and Recreation to implement two main strategies: Park Improvements and Neighborhood Walking Routes.

- Scheduling of the Pickleball court restriping has been postponed due to staffing changes at DPD, but will be completed by August. Three courts will be restriped including: Shedd Park, McPherson and South Common. A community fitness series, including Yoga, Zumba, and Crossfit, has started as of June 2019 and has met with success.
- DPD and the CHC are in the process of identifying three neighborhoods to begin walking route plans, using the CDCs 500 Cities Data which shows, through census tract, our most physically inactive areas. An internal advisory group has been identified and will meet in July.

### ***Employee Health and Wellness***

- The CHC is also working on the following employee health and wellness programs, with valuable input from a recent employee survey:
  - Informational e-Newsletter (monthly)
  - Challenge Activities for Employees (monthly; launching this month)
  - Employee Health Fair (fall 2019)

### ***Additional Notes***

- The CHC has been selected to serve on the Lowell Continuum of Care (CoC) Advisory Board